

## **The "Dos and Don'ts" on the platform:**

- The "Dos and Don'ts" apply to all users (m/f/d).
- The platform is open to all users over the age of 16.

Better linked does not offer medical services. If you have any health issues, I expressly ask you to have them clarified by a doctor.

- **Please do not share any personal data on the platform which belong to special categories or criminal convictions and offences! \***

**If such data causes you stress, please remain as vague as possible. Under no circumstances should such data about other people be mentioned in a post unless it is impossible to draw conclusions about the person. \*\***

On betterlinked.eu (platform), users exchange information on highly sensitive topics related to stress management, experiences and solutions to stress issues.

Please remember that when we are under stress, we are vulnerable and also sensitive, so it is correspondingly important to have a basis of trust when dealing with each other:

I would like to point out that all those people who do not adhere to the "Dos and Don'ts" on the platform will be admonished in writing (or by e-mail), warned and, in case of repetition, blocked.

This is also the reason why Better linked verifies your email address when you register.

Every user has the right to point out violations. For general violations please use this mail address:

[info@betterlinked.eu](mailto:info@betterlinked.eu)

For very urgent cases the mail address

[alert@betterlinked.eu](mailto:alert@betterlinked.eu)

has been set up.

If user content has to be deleted because it violates the regulations, only the individual postings will be removed, not the entire communication thread.

**We expressly reserve the right to take legal action against unauthorised postings.**

Communication on the platform:

- Communicate in a respectful manner!
- Treat information on the platform with trust and treat other users in the same way as you would like to be treated yourself.
- Refrain from insults or humiliation, as these forms of behaviour can hurt our users, and you do not want to be treated in this way, either.
- Support those affected in your comments.

Our users want creative solutions, stimulating questions and solutions that motivate them to try things out for themselves; pure sympathy alone is often not helpful!

Factual tips are usually particularly useful, what has perhaps been particularly good for you in a similar situation? You may be able to share your own experiences, best practice examples or tips - what helped you, in which situation?

Learn from how others cope with difficulties, how others have dealt with similar problems or through vicarious learning. You are not alone with your questions and challenges.

Try to stay on topic in comments, side and fringe discussions may not be helpful to the questioner/solution seeker.

Use questions when you are not sure you understand the user's problem.

Use W questions (Who, What, When, How, Where, Why and Wherefore).

Accept boundaries, absolute NO GOS are:

- Drugs
- Medication recommendations
- Made up stories/fairy tales
- Name-calling
- Personal (including verbal) abuse
- Demotivation/putting others down

Please note that Better linked is not a relationship platform.

"Do not name or blame" other people if third parties appear in your posts. Of course, you may talk about other people, but do not use names but abbreviations, Mr R, Ms A or the relationship you have with that person, my boss, leader (without using exact job titles).

Please note: If you wish to have your personal data deleted, only your personal data will be affected. Your postings and content comments on the platform will remain in anonymised form.

**\*Explanations on special categories and criminal convictions and offences.**

#### **Processing of special categories of personal data (Article 9 GDPR)**

- (1) The processing of personal data revealing racial or ethnic origin, political opinions, religious or philosophical beliefs, or trade union membership, and the processing of genetic data, biometric data for the purpose of uniquely identifying a natural person, data concerning health or data concerning a natural person's sex life or sexual orientation shall be prohibited.**
- (2) Paragraph 1 shall not apply if one of the following applies:**
  - (a) the data subject has given explicit consent to the processing of those personal data for one or more specified purposes, except where Union or Member State law provide that the prohibition referred to in paragraph 1 may not be lifted by the data subject**

#### **Processing of personal data relating to criminal convictions and offences (Article 10 GDPR)**

**Processing of personal data relating to criminal convictions and offences or related security measures based on Article 6 (1) shall be carried out only under the control of official authority or when the processing is authorised by Union or Member State law providing for appropriate safeguards for the rights and freedoms of data subjects. Any comprehensive register of criminal convictions shall be kept only under the control of official authority.**

**\*\*Of course, both Article 9 and Article 10 data can cause stress to users.**

**As long as the wording is general and no conclusions can be drawn about the individual person, such posts are OK.**

**However, if the wording allows conclusions to be drawn about a specific person, this is considered a violation of the "Dos and Don'ts" and the measures described above will be initiated.**

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